

# MPFL (MEDIAL PATELLOFEMORAL LIGAMENT) REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE*	ROM	EXERCISES
<b>PHASE I</b> 0-2 weeks	As tolerated with brace	On at all times during day and while sleeping** Off for hygiene	0-90°	Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities
<b>PHASE II</b> 2-6 weeks	Full	Discontinue at 6 weeks if able to obtain full extension w/o lag*	Maintain full extension and progress flexion	Progress weight bearing flexibility, begin toe raises and closed chain quad work  Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike
<b>PHASE III</b> 6-12 weeks	Full	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work  Begin elliptical, in-line jogging at 12 weeks under PT supervision
<b>PHASE IV</b> 3-5 months	Full	None	Full	Progress balance, hip/core  Initiate running at 12 wks and progress to sport-specific drills as tolerated  Return to play after 16 weeks post-op when cleared by MD